

Sample Agenda for School Health Index Team Meeting #1

- ▲ Introductions
- ▲ Purpose of the *School Health Index*
- ▲ Why health is important for schools
- ▲ Why focus on physical activity, healthy eating, and a tobacco-free lifestyle
- ▲ Coordinated School Health Program model
- ▲ *School Health Index* format

Sample Agenda for School Health Index Team Meeting #1 Continued

- Implementation process
- Things to keep in mind when completing the modules
- Module Score Card, Questionnaire, and Planning Questions
- Overall Score Card and School Health Improvement Plan
- Selection of teams for all 8 modules
- Set timelines

The School Health Index Will Help Schools:

- Identify the strengths and weaknesses of their health promotion policies and programs
- Develop an action plan for improving student health
- Involve teachers, parents, students, and the community in improving school programs

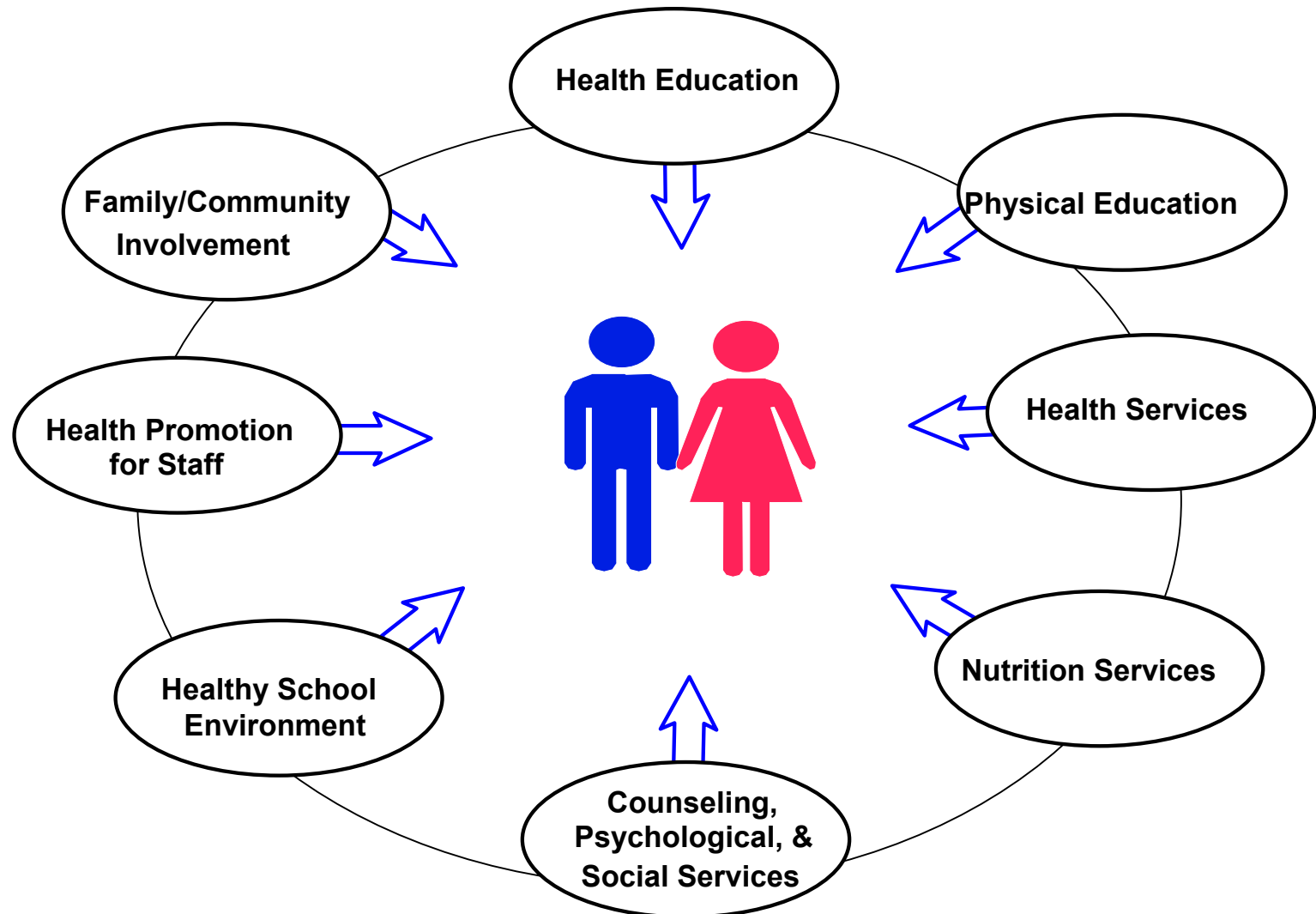
Why should schools promote health?

- As a society, we value good health.
- Good health is necessary for effective learning.
- Healthy students become healthy, productive citizens.
- Disease prevention is more cost-effective than treatment.
- The school system is the one place where most of our nation's youth can be reached.

Why focus on physical activity, healthy eating, and a tobacco-free lifestyle?

- Physical inactivity, poor diet, and tobacco use are related to heart disease, cancer, obesity, diabetes, and respiratory disease.
- Physical activity can reduce anxiety and stress and increase self-esteem.
- Research suggests that having breakfast can improve children's intellectual performance.
- Not using tobacco can protect fitness, help prevent serious diseases such as lung cancer, and prevent premature death due to smoking-related illnesses.

The School Health *Index* modules are based on the CDC Coordinated School Health Program model



School Health Index Format

- Two separate tools
 - ▲ Elementary School
 - ▲ Middle School / High School
- Each tool is divided into 8 modules to follow the Coordinated School Health Program model
- Planning for Improvement section
 - ▲ School Health Improvement Plan
- Resources section

Implementing the School Health Index

- Assign modules
- Each module team answers questions, then develops and rates a set of recommendations
- Full team meets to
 - ▲ Review recommendations
 - ▲ Select manageable number of recommendations to address
 - ▲ Complete School Health Improvement Plan

Things to Keep in Mind When Completing the Modules

- Answer questions as accurately as possible...this is a self-help tool, not an instrument for evaluating staff
- There is no passing grade...this is designed to help you understand your school, not to compare your school with other schools
- You should expect to get at least some low scores... low scores can help you build awareness of areas needing improvement

Sample Agenda for School Health Index Team Meeting #2

- ▲ Introductions
- ▲ Review process to date
- ▲ Review and discuss SHI findings for each module
 - Strengths and weaknesses
 - Module scores
 - Recommended and top-priority actions
- ▲ Decide top-priority actions for the school to implement this year
- ▲ Discuss resources needed for implementation

Sample Agenda for School Health Index Team Meeting #2 Continued

- Complete School Health Improvement Plan
 - Decide Action Steps
 - Assign responsibilities
 - Set timelines for action
- Discuss how to present Plan to school leadership and community
- Discuss how to monitor progress
- Set future meeting date

Things to Keep in Mind When Completing the Planning for Improvement Tasks

- Some recommended actions will require additional resources...others will involve simply making better use of existing resources
- Keep the team together to monitor progress...schedule annual assessments